



SECTION TWO

Test Diets and Diets of Limited Duration

Diet manual

Low Iodine (50-60 Micrograms) Diet

General Description

This diet severely limits the intake of iodine-rich foods.

Indications for Use

The diet is to be used specifically for a period of four weeks prior and one week subsequent to I-131 scanning and therapy¹. In thyroid cancer patients who receive radioactive iodine as part of their medical treatment, it has been documented that limiting the amount of dietary iodine increases I-131 uptake by the cancer. The usual daily iodine intake in the continental United States is between 240-730 micrograms/day. This diet severely limits that intake to between 50-60 micrograms/day¹.

Nutritional Adequacy

In comparison to the Recommended Dietary Allowances, this diet is adequate in all nutrients with the exception of iodine, calcium, phosphorus, and riboflavin.

General Considerations

- Foods should be prepared with only non-iodized salt.
- Foods that contain small amounts of milk and/or eggs may be used (i.e. breads, rolls, mayonnaise, etc).
- Since there is no reasonable way to determine which restaurants use iodized salt and which do not, patients should refrain from eating out during this study.

Guidelines

Food Groups	Foods Allowed	Foods Not Allowed
Dairy	*None	Whole milk, 2% milk, 1% milk, skim milk, buttermilk, chocolate milk, soy milk, all yogurt, all cheeses, cream, non-dairy creamers, ice cream, milkshakes, eggnog.
Meat or Substitute	Beef, pork, lamb, veal, poultry, unsalted peanut butter, tofu, unsalted nuts.	All seafood (shellfish, salt water, and fresh-water fish), ham, corned beef, bacon, sausage, hot dogs, canned meats.

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Eggs	None	All
Potato or Substitute	Any except as listed.	Any to which “foods not allowed” have been added.
Vegetables	Any except as listed.	Sauerkraut and rhubarb; also any to which “foods not allowed” have been added.
Fruit & Fruit Juices	Any	None
Breads & Cereals	**Bread products that contain bromate-dough conditioners: cereals except as listed.	Bread products that contain iodate-dough conditioners; cereals that contain red-food coloring, chocolate or molasses; pancake and muffin mixes.
Fats	Any except as listed.	Bacon, sausage, cream.
Beverages	Any except as listed.	Beverages that contain red food coloring, chocolate, or other foods not allowed.
Soup	Homemade broth or broth-based soups made with allowed ingredients.	Cream or canned soups.
Desserts	Any except as listed.	Desserts that contain “foods not allowed.”
Miscellaneous	Non-iodized salt, soy sauce, honey, jelly, sugar, syrup, pepper, lemon, low-sodium catsup.	Iodized salt, sea salt, red-food dyes (in candies, gelatin, cereals, some medication, etc.), molasses, foods that contain iodate, iodide, algin, alginate, carragen, agar: cod liver oil.

* Rich’s non-dairy cream substitute is acceptable.

** Iodate-dough conditioners were, at one time, the only type used in bread products. Generally today these have been replaced by the bromate-type conditioner.

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Suggested Meal Plan

Breakfast	Lunch	Dinner
Juice	Plain Meat or Substitute	Plain Meat or Substitute
Hot Cereal	Potato or Substitute	Potato or Substitute
Toast	Vegetable	Vegetable
Margarine	Salad/Dressing	Salad/Dressing
Jelly	Fruit	Allowed Dessert
Beverage	Bread	Bread
	Margarine	Margarine
	Beverage	Beverage

Reference

1. Lakeshmanan, M., Schaffer, A., Robbins, J., Reynolds, J., Norton, J. A Simplified Low Iodine Diet in I-131 Scanning and Therapy of Thyroid Cancer. Clinical Nuclear Medicine. 13(12):866-868, 1988.